

Show civil courage - now more than ever

Act in times of Corona

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Courage has rarely been more important than it is today. But this character trait seems to be increasingly lost in the crisis, writes book author and visualisation therapist Simone Riesmeier. Courage is uncomfortable and means leaving one's own comfort zone. Her credo: Only those who act fearlessly can change something. Read her forceful words here:

"YES, BUT..."

(Not) acting in times of Corona

The Corona crisis presents us all with new challenges. More and more people are recognising the contradictions in the measures imposed by the government and are questioning their decisions more and more frequently and more loudly. The developments that are emerging in society and in the economy are also triggering the alarm button in more and more people and they are realising that it is high time to do something.

But it is precisely the doing that is causing problems for very many. For more than a year, many educators have been on the move on just as many channels to show people the true facts and background. They also put forward ideas on how everyone could act to initiate change in their own sphere of influence. But unfortunately we still very often hear answers that start with "YES, BUT...".

For example, in response to the #StopMakingFun initiative, which is one of the most peaceful, simple and clear actions, many respond with one - or even several - "YES, BUT...":

"YES, BUT... it's not that easy."

"YES, BUT... it's too exhausting for me."

"YES, BUT... I don't feel like discussing."

"YES, BUT... then I won't be able to shop."

"YES, BUT... then I risk my job."

"YES, BUT... then I have to homeschool my child, can't go to work."

"YES, BUT... then I'll be the only one in the office without a mask."

"YES, BUT... then others point the finger at me. I can't stand that."

"YES, BUT... I don't want to open a barrel."

"YES, BUT... I can't do it."

"YES, BUT... the risk is too great."

"YES, BUT... I don't have the strength right now."

"YES, BUT... I am all alone."

"YES, BUT... I don't have time for this."

"YES, BUT..."

As understandable as these reactions may be, they are still nothing more than excuses! Excuses for why someone does not act, although he/she knows that action would make sense. Excuses because it is now becoming inconvenient. Action, on the other hand, would mean leaving the comfort zone - and this is associated with fear.

Very few people I have spoken to in the past year are really well informed legally. They only know the statements from the panic press warning of possible sanctions. Threats from employers to employees with warnings or even dismissals also scare many people. In this context, I always ask the question: "Have you taken legal advice on whether a possible dismissal or warning would even be legal?"

Anyone who believes that inaction is ineffective is very much mistaken.

So far I have not received any other answer than: "No, I have not. I would first have to find a lawyer, find time for an appointment, ...". Excuses again, because it becomes inconvenient. It is better to do nothing in order to avoid the threatened consequences.

No one has to act. But those who believe that non-action is ineffective are seriously mistaken. Those who recognise that something is not right or is going in an unpleasant direction, and yet silently go along with it, are in this way contributing to the continuation of precisely this path that has been recognised as unpleasant and wrong. As in the present situation. Only when it can be recognised that more and more people no longer go along with these guidelines can changes take place that serve both the population and the economy.

What would happen if all the people who find the mask unpleasant and harmful to their health would stop wearing a mask even without a certificate - neither when shopping, nor anywhere else? Would there even be enough staff at the police and the public order office to record all these administrative offences? What would happen if the courts had to process huge numbers of administrative offence cases, far beyond their capacity limits?

Change is linked to action

Anyone who actively participates in state-imposed discrimination and coercion has obviously learned nothing from history and will never get my support. I will not go to any shop or service provider that requires a mask or a negative test result as a prerequisite and will not serve people who cannot/won't wear the mask or take the test for understandable reasons.

A "YES, BUT..." not only points out that something has been identified as contradictory or wrong. It also shows something else: the personal growth potential that is just in front of you like on a silver platter, and that you can now accept - or not. A "YES, but..." brings inner resistance to the surface. If you are willing to look at these resistances, to release them within yourself, new insights and possibilities for action arise. This is how real freedom can emerge and be lived.

Change is connected with action, and this action requires energy. And as a rule, it begins with "inner tidying up". For many, this simply seems too strenuous. Everyone is free to make this decision. However, they should clearly consider the consequences of their inaction - especially in this extraordinary time.

"YES, BUT..." is, in relation to the subject of action, the way to avoidance.

"YES, HOW..." on the other hand is the way to the solution.

Simone Riesmeier - book author, speaker and visualisation therapist